



A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY
FOR WOMEN IN GOVERNMENT

SPACE COAST CHAPTER, KENNEDY SPACE CENTER, FL
<http://www.ksc.nasa.gov/groups/few/>

SEPTEMBER 2005

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PRESIDENT'S MESSAGE

Sandy Eliason

Our business meeting for August went great! We had a nice turn out at Century Buffet in Merritt Island. If you didn't come you missed out on your board members reports and the opportunity to be together. Please plan on coming to the board meetings and programs. Be involved!

We all feel great sadness to see our neighbors in Mississippi, Alabama, and Louisiana go through so much devastation. Crisis affects us differently but, the level of stress and trauma that these individuals have experienced will be life-changing. One thing is for sure...the greater the crisis, the greater the need for others to help them get through it! We can all get through a bad hair day, or a dress that doesn't look right, but things, like the devastation we are seeing on our news channel left by Hurricane Katrina, leaves the need of support and Space Coast is great at supporting others with needs!

The Southeast Region voted to support the evacuees with a unanimous vote of \$1000 to be given to Red Cross. We at Space Coast will be meeting and determining how best and what to do to give our support. We have many possibilities and the ideas are unlimited, the center is behind all our efforts. I'm thankful for all those who contacted me and your outpouring of support.

I hope to see you all on Saturday, September 17th at Alan Shepard Park, in Cocoa Beach for our annual Coastal Cleanup. If you haven't volunteered yet it's not too late, please contact Martha Carroll. She will get you signed up and provide you with a nice T-Shirt.

If one dream should fall and break into a thousand pieces, never
Be afraid to pick one of those pieces up and begin again.

Vita Somnium Breve,
Sandy



SUNSHINE

Celebrating birthdays in September:

Michelle Lehr	Sep 1
Vickie Hall	Sep 2
Pat Lowry	Sep 2
Peggy Parrish	Sep 5
Liz Wise	Sep 20
Joan Fosdick	Sep 22
Helen Kane	Sep 23
Sharon White	Sep 25
Cindy Gooden	Sep 26
Becky Denis	Sep 29

Happy Birthday!

If you notice anyone missing please email Muzette Fiander at Muzette.B.Fiander@nasa.gov

COMMUNITY OUTREACH

Vickie Hall



Hurricane Katrina Relief

The Chapter held a special meeting to discuss what we could do as a Chapter to help the victims of Hurricane Katrina. We decided to purchase 10 one hundred dollar gift cards and provide them to 10 individual families. Sandy Eliason is gathering info on specific families that are in need. We also thought we would have a food/clothing drive at Kennedy Space Center and donate the items collected to the Red Cross.

The Red Cross is unable to accept small, individual donations or collections of items such as clothing, food or cleaning supplies. The cost to sort, package and distribute these types of donations to a disaster victim is almost always greater than the cost of purchasing the items locally, and it is logistically impossible to distribute a wide variety of individual items in a meaningful way. Because of these costs and logistical concerns, we recommend that you support your community by donating these items to an organization that is equipped to put them to the best possible local use.

Offers of sizeable, bulk donations are reviewed to determine if they meet a current need for disaster victims that can be addressed by the Red Cross. Bulk

donations are typically new, shrink-wrapped and palletized items, and they are transported by the donor.

As far as Kennedy Space Center donations go, Rocketdyne has already done a food/clothing/supply drive and transported items to individuals at Stennis and Michoud facilities. Another relief truck will be departing KSC to SSC on Thursday afternoon, September 15, 2005.

Primarily the items being transported will be personnel items for our displaced, and homeless brothers and sisters at SSC. Our Rocketdyne folks are sponsoring this shipment and the following items are needed: Food and drinks of all kinds, tools, tarps, gas cans, yard rakes, chain saws and lubricants, axes, dust masks, gloves, insect spray, cleaning materials like Windex, pine sol, and other household cleaning materials, the loan of a generator (will return), baby foods, clothes - both men's and women's, personal hygiene items. If you would like to contribute, the truck will be parked in the LC-39 area near the VAB parking lot Wednesday and Thursday, September 14 and 15. For more information please call David Mandernack, 7-6981.

The status of many of our FEW Sisters in Louisiana and Mississippi is still not known. My recommendation for our relief efforts at this time are:

1. Purchase ten \$100 gift cards as voted on at the September 6th meeting and distribute to families as identified to Sandy Eliason. So if you have family members or friends that suffered significant losses as a result of Hurricane Katrina, please send their names and as much information as possible to Sandy at Sandra.K.Eliason@nasa.gov.

2. Each of us make donations to Red Cross or other charity of our choice, please see local newspapers for additional information.

3. Donate items as identified above in the LC-39 area for transportation by Rocketdyne to Stennis and Michoud employees.

I think once we hear the needs of our FEW Sisters, we should rise to the occasion and do what we can to help them restore/repair/rebuild their lives.

We will again discuss this matter at our next Chapter meeting, September 20, 2005 at Applebee's in Merritt Island.

Make a Difference Day

Make a Difference Day is coming, Saturday, **October 22, 2005**.

It is the most encompassing national day of helping others -- a celebration of neighbors helping neighbors and everyone can participate.

I have contacted Brevard Habitat for Humanity and they stated they planned to do some project for Make a Difference Day but did not have any details and would get back with me. Haven't heard yet, but will let you know as soon as I do.

In the meantime, I think we agreed as a Chapter that we would like to do the food drive for Brevard Sharing Center. In the wake of Katrina and all the relief efforts going on at the Space Center, I think we should discuss this at the September meeting.



GOVERNMENT NEWS & LEGISLATION

Nancy Pearce-Welsh

Effective/Efficient Government Reform:

Department of Homeland Security may have to scrap the plan on workplace rules after a federal judge questioned whether it protects union and employee rights. The workplace rules would have dramatically reduced the clout of unions in the department which has about 160,000 employees. Judge Collyer found the new personnel system falls short of guaranteeing collective bargaining rights. The plan would go too far in altering the role of the independent Federal Labor Relations Authority.

The proposed system would work thus: Mandatory Removal Offenses (MROs) may be appealed internally to the Mandatory Review Panel (MRP). An employee may then request the MSPB review the department's final decision, but MSPB must accept normally the MRP's interpretations of the policy. MSPB must take action within 30 days as opposed to the current 120 days.

Employees who appeal to MSPB on time are no longer guaranteed a hearing a statutory right previously afforded most federal employees. Collyer said she is willing to consider requests from Homeland Security to modify her injunction, but pointed out that the department could not create a system that undermined rights guaranteed elsewhere in the law.

This might create a set for the Administration's effort to expand civil service reforms across government. The OMB has initiated a procedure to inform all interested parties about the proposed bill. Website:

<http://www.whitehouse.gov/results/agenda/working.html> will provide information about the Act. Questions and answers and a summary of the proposal are there.

Privitization/Outsourcing:

Recent decision on a bid protest gives maintenance employees at the Energy Department a second chance to prevent their jobs from being outsourced. This requires contracting officials to rethink the outcome of a public-private competition for about 90 maintenance jobs. Energy conducted the public-private competition using the "best-value" model where a contract is awarded based on a combination of price and technical qualifications. In another case, Senate Appropriations Committee approved a measure that would help improve federal employees' changes in job competitions with the private sector. It permits federal employees to submit their own best bids in streamlined job competitions through what is known as a most efficient organization (MEO). The provision would also give in-house teams a cost advantage of at least 10% or \$10 million to offset the cost of doing competitions.

Employment Benefits:

Three quarters of a million federal employees were eligible to telework in 2003 yet only 103, 000 about 14%, actually did so. The House passed a spending bill that would cut funding by \$5 million for agencies that continue to drag their feet on teleworking.

The progress is slow because managers are reluctant to allow their staffs to work from home. Many managers think that if employees are not physically in the office, they are not working. Some do not know how to evaluate their employees' performance and fear workers may abuse policy. However, many managers who have allowed employees to telework find the results are promising. These are ones who have trust in their employees. Managers need to manage by productivity and performance and not by whether the person is at their desk every day.

OPM and GSA have a website (www.telework.gov) that provides info and tips on telework for managers and employees.

The security of the government's computers is not compromised by the use of telework and a report urges agencies to allow employees to work from home using high-speed internet connections and telephone lines.

About 14% of federal workers worked away from their main offices in 2002 and 2003 according to a GAO report.

The OPM reaffirmed its obligation to offering federal workers supplemental dental and vision benefits. Full solicitation for contract applications is scheduled to be published September 16, with bids due November 16. Dental and vision offerings will be voluntary and agencies will not contribute to the plans.

The Senate Appropriations Committee approved a 3.1% pay raise for federal employees in 2006, the same raise President Bush recommended for the military. The House of Representatives previously had approved this raise in its version of the spending bill.

Several new bills have been introduced to help decrease the pay gap between women and men. Companion bills HR1697/S840 - the Fair Pay Act - would prohibit discrimination in the payment of wages on account of sex, race or national origin. Another set of bills - HR1687/S841 (the Paycheck Fairness Act) - would provide more effective remedies to victims of discrimination in the payment of wages on the basis of sex.

Retirement/Pension:

Rep. Barney Frank (D-MA) has introduced a bill - the Windfall Elimination Provision Relief Act of 2005 (HR 1690) - that would restrict the application of the WEP to individuals whose combined monthly income from benefits and other monthly periodic payments exceeds a minimum COLA-adjusted amount of \$2,500 and to provide for a graduated implementation of the WEP on amounts above this minimum amount.

The bill has fourteen co-sponsors, and has been referred to the House Ways and Means Committee.

Violence Against Women:

Senators Joe Biden (D-DE) and Orrin Hatch (R-UT) and Arlen Specter (R-PA) introduced the Violence Against Women Act (VAWA) of 2005. The legislation renews several successful programs and provides funding for training, education and outreach so that state and federal agencies can do a better job of preventing violence against women and assisting victims of domestic violence.

The bill stiffens penalties for repeat offenders, provides more money for vital services, will help battered women get the assistance and support they need and focuses on breaking the cycle of violence through education and helping rural victims in underserved areas.

On average, more than 3 women are murdered by their husbands or boyfriends in this country every day. More than 2.5 million women are victims of violence each year, and nearly one in every three

women experiences at least one physical assault by a partner during adulthood. Reports indicate that up to 10 million children experience domestic violence in their homes each year.

VAWA will save money as well as lives. A study found that money spent to reduce domestic violence saved nearly ten times the potential costs incurred between 1995 and 2000. On an individual level, the bill costs roughly \$15.50 per woman in the US and saves an estimated \$159 per woman.

The bill has been referred to the Judiciary Committee.

Environmental News

Vickie Hall for Martha Carroll

Coastal cleanup expands to new sites

The 20th annual Florida Coastal Cleanup, to be held from 8 a.m. to noon Saturday, September 17th, promises to be the most comprehensive in years in Brevard County, with expansion to the spoil islands, the beaches along Patrick Air Force Base and Sebastian Inlet State Park.

Getting all area shorelines involved is important because the cleanup, sponsored nationally by the Ocean Conservancy, is a prime source of data about exactly what is being left on the beaches or washing ashore, said Keep Brevard Beautiful beach program coordinator Linda Nichols.

As in the past Space Coast Chapter members will be the coordinators for the Alan Shepard Park cleanup site, located directly at the end of SR 520 in Cocoa Beach. Or you can join the fun, grab some gloves and a trash bag or two and hit the beach with friends and family to help collect trash. So if you are interested in helping, just show up Saturday morning, it's always a good time to fellowship with each other and meet new friends.

FLORIDA HISTORY AND CULTURE



Submitted by Vickie Hall

Names and Origins of Florida Places

Florida's cities and counties are named for influential residents, Indian words used to describe the area, and former governors. I have found these to be interesting so I'll include a few of these each month

just to help educate you on a little more on Florida's history.

Naples, Collier County -- The city is named after Naples, Italy.

Ocala, Marion County -- The literal meaning of this Indian word is "heavily clouded," perhaps beyond discovery.

Opa Locka, Dade County -- The name refers to a hammock located within the present limits of the city. The source is the Muskogee words "opilwa" (swamp) and "lako" (big), though the usual combination is "opillakpo."

Orlando, Orange County -- There are several different versions to the origin of this city's name. The official story is that it is named in honor of Orlando Reeves. Reeves was on sentinel duty for a camping party. During the night, an Indian attempted to penetrate the camp, but Reeves saw him and fired on him, but not before the Indian shot an arrow killing Reeves.

Palatka, Putnam County -- Its name is derived from the Muskogee word "pilotaikita" which means "ferry," "ford" or "crossing." Palatka was a major trading post on the St. Johns River.

Pass-a-Grille Beach, Pinellas County -- The name referred to the practice of fishermen, who would stop here on their way crossing over the island to cook or grill their meals.

Pensacola, Escambia County -- Most likely, the name is a derivations of Pansfalaya, an Indian tribe. The Choctaw called them the "long-haired people."

Ponte Vedra, St. Johns County -- This is named for the city in Spain.

Punta Gorda, Charlotte County -- The Spanish words for "wide point" or "fat point" refer to the arm of land jutting into Charlotte Bay near the city of Punta Gorda.

My source of information
<http://dhr.dos.state.fl.us/facts/> .

I THINK THIS APPLIES TO YOU

A good woman is proud of herself. She respects herself and others. She is aware of who she is. She neither seeks definition from the person she is with, nor does she expect them to read her mind. She is quite capable of articulating her needs.

A good woman is hopeful. She is strong enough to make all her dreams come true. She knows love, therefore she gives love. She recognizes that her love has great value and must be reciprocated. If her love is taken for granted, it soon disappears.

A good woman has a dash of inspiration, a dabble of endurance. She knows that she will, at times, have to inspire others to reach the potential God gave them. A good woman knows her past, understands her present and moves toward the future.

A good woman knows God. She knows that with God the world is her playground, but without God she will just be played. A good woman does not live in fear of the future because of her past. Instead, she understands that her life experiences are merely lessons, meant to bring her closer to self knowledge and unconditional self love.

Submitted by Marlene Satterthwaite.....

WOMEN'S HEALTH

Submitted by Vickie Hall

Fueling a healthy brain

Do you ever find yourself in the middle of a thought and suddenly it's gone? Or maybe in the middle of the afternoon your mind begins to wander? Your brain may be trying to tell you something.

Your brain needs fuel just like the rest of your body. Since the brain cannot store glucose, it needs a continuous source of fuel from foods. Start with a nutritious breakfast and continue with healthy meals and snacks through the day.

Foods like blueberries, strawberries, prunes and fatty fish show a positive benefit to short-term memory.

Try to consume more of these foods by mixing fruit in cereal, yogurt or pancake batter and by consuming fatty fish two times a week.

Produced by ADA's Public Relations Team

The Sweet Sixteen of Healthy Foods

Submitted by Muzette Fiander

Dr. Steven Masley, author of the soon-to-be-released *Ten Years Younger* and award-winning patient educator, provides a "Sweet Sixteen" list of foods that are especially good for your heart and circulation. They also aid in weight control and support your bones and skin.

1. GREEN LEAFY VEGETABLES – For every serving (1 cup) of green leafy vegetables you add to

your diet, you cut your risk of a cardiovascular event by 25 percent. *Two cups daily.*

2. LEAN, NOT MEAN, PROTEIN – Seafood, chicken and turkey breast, beans and soy, and non-fat dairy products are excellent lean protein sources. While these foods may not contain many anti-aging compounds, eating more of them does suppress hunger and makes it easier to feel satisfied on fewer calories. *One serving per meal.*

3. SEAFOOD – Studies show that seafood consumption can improve blood sugar regulation and brain function, and decrease inflammation in people with arthritis, inflammatory bowel disease or rheumatoid arthritis. *Two to three servings per week.*

4. BEANS AND LEGUMES – Beans can lower bad cholesterol (LDL) by 5 percent while raising your healthy cholesterol (HDL) 2 to 3 percent. Beans also suppress hunger and help to stabilize blood sugar levels. *One-half to one cup regularly.*

5. SOY – Most grocery stores carry soy-based veggie burgers, hot dogs and sausage, and calcium-fortified soymilk. These products lower cholesterol and blood sugar levels and are packed with cancer-fighting compounds, fiber, antioxidants, calcium and many anti-aging nutrients. *One serving daily.*

6. WHOLE GRAINS – Whole grains such as barley, buckwheat, wild rice, quinoa and oats are actually tastier than refined, processed grains. They're more natural, and they help prevent weight gain and diabetes. *Three-quarters cup whole grains 2 to 3 times per day.*

7. CRUCIFEROUS VEGETABLES – Fiber-rich cruciferous vegetables – cabbage, bok choy, broccoli, kale, cauliflower and Brussel sprouts – are high in chemicals that detoxify and are great sources of Vitamin C and calcium. *One cup daily – raw, steamed or lightly sauteed so they retain their valuable properties.*

8. BERRIES – Blueberries, blackberries, raspberries, strawberries, etc., are among the brightly colored fruits and vegetables that are packed with antioxidant benefits. They're also full of fiber. *One-half to one cup daily.*

9. NUTS – Nuts are packed with protein, nutrients, anti-aging compounds and fiber, too. They'll help you feel full, and while they do contain fats, they are mostly healthy fats that will lower your cholesterol. *A handful daily.*

10. FLAX SEED – Ground flax seed is an excellent source of omega-3 fats. Omega-3 fats are good for everyone, but ground flax seed is especially

important for women with perimenopausal and menopausal symptoms. *Women with hormonal issues should enjoy 1 to 2 tablespoons daily.*

11. FRESH GARLIC – Fresh garlic lowers your total cholesterol about 7 to 9 percent, raises HDL slightly, decreases clotting, lowers blood pressure, and boosts your immune function. *One clove daily.*

12. FRESH HERBS AND SPICES – By weight, they're the most densely packed anti-aging foods you can find. *One teaspoon dried or one to two tablespoons fresh herbs daily.*

13. GREEN TEA – Green tea, a staple in the Asian diet, is loaded with anti-oxidants. Black tea, though good for you, doesn't quite measure up to its green cousin. *One to two cups of unsweetened green tea daily.*

14. NON-FAT YOGURT – Non-fat yogurt is the healthiest dairy food – it's loaded with lactobacilli, which are healthy bacteria that normally live within your intestinal track. *One-half to one cup daily.*

15. RED WINE – One 5-ounce serving of red wine a day helps raise your good HDL, decreases your risk of clotting, lowers overall oxidation, cuts your risk for dementia (memory loss), and improves insulin sensitivity – helping with blood sugar regulation. *One serving daily.*

16. COCOA – Cocoa helps dilate your arteries – improving their function, while lowering your blood pressure and their risk of clotting. Cocoa is rich in magnesium and packed with anti-aging and stress-relieving compounds. *One cup daily.*

Although you may not have the time or appetite to enjoy each of these foods daily, try to incorporate these regularly into your diet to look and feel better.

Dr. Steven Masley is medical director of the Carillon Executive Health program for St. Anthony's Health Care in St. Petersburg, FL. For more information, visit DrMasley.com or carillonexecutivehealth.com.

CALENDAR OF EVENTS

September

5	Labor Day
11	Patriot Day
17	Coastal Cleanup – Alan Shepard Park, Cocoa Beach
20	Program Meeting at Applebee's on Merritt Island
22	Autumn begins

RECIPE CORNER – Submitted by Muzette Fiander

Kahlua Cake

1 Devil's Food Cake Mix (with pudding in the mix)

$\frac{1}{2}$ cup oil

$\frac{1}{2}$ cup Kahlua

4 eggs

16 oz. sour cream

12 oz. bag of semi-sweet chocolate morsels

Combine first four ingredients and mix well. Mix in sour cream and then chocolate chips.

Pour into greased Bundt pan and bake in preheated 350 degree oven for 55-60 minutes.

Cool 10-15 minutes and remove from pan. When completely cooled sprinkle with powdered sugar.

This one does not need frosting.

SPACE COAST CHAPTER NEWSLETTER

Muzette Fiander

This monthly publication is a means of sharing information and ideas. Please send news articles or items of interest for this Newsletter to

Muzette Fiander, TA-E1, or e-mail at Muzette.B.Fiander@nasa.gov

Please feel free to share this Newsletter with your friends. And for anyone interested, a Membership Application is attached as the last page.

Insight for the Day

Submitted by Vickie Hall

The optimist proclaims that we live in the best of all possible worlds; and the pessimist fears this is true.

- *James Branch Cabell*

And then a little humor -

HOW DO YOU DECIDE WHO TO MARRY?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she

should keep the chips and dip coming.

- Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with.

- Kirsten, age 10

Month/Year joined:

Membership ID

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EMAIL:[illegible]

Not Applicable